**ESM\_3** Nutrient intakes of study participants by tertiles (T) of DASH score (*N*=300) a, b, c

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| --- | --- | --- |
| Nutrients | DASH score | *P* |
| T1 (*n*=100) | T2 (*n*=100) | T3 (*n*=100) |
| DASH score (range) | 8.0-20.0 | 21.0-27.0 | 28.0-39.0 |  |
| Daily intake/1000 kcal |  |  |  |  |
| Protein (g) | 30.0±8.0 | 31.9±7.4 | 33.9±8.0 | 0.003 |
| Carbohydrate (g) | 129.6±19.6 | 140.2±17.9 | 149.3±22.5 | <0.001 |
| Fiber (g) | 18.6±8.1 | 21.8±8.3 | 33.7±19.6 | <0.001 |
| Fat (g) | 43.0±13.8 | 37.3±6.1 | 35.9±8.7 | <0.001 |
| Saturated fatty acid (g) | 11.8±7.7 | 8.6±3.0 | 8.5±3.4 | <0.001 |
| Mono-unsaturated fatty acid (g) | 14.4±3.9 | 15.0±5.8 | 19.6±6.5 | <0.001 |
| Poly-unsaturated fatty acid (g) | 10.0±3.2 | 10.6±3.0 | 15.9±6.5 | <0.001 |
| Cholesterol (mg) | 127.5±76.8 | 109.2±67.8 | 90.0±42.4 | <0.001 |
| Vitamin A (mcg) | 156.3±93.6 | 167.1±119.5 | 238.2±146.8 | <0.001 |
| Beta-carotene (mcg) | 608.1±501.9 | 775.2±507.7 | 1235.5±755.1 | <0.001 |
| Vitamin D (mcg) | 0.4±0.4 | 0.7±0.6 | 1.4±1.0 | <0.001 |
| Vitamin E (mg) | 8.4±3.9 | 9.1±4.2 | 13.1±7.6 | <0.001 |
| Vitamin K (mcg) | 60.7±74.1 | 86.5±92.5 | 124.6±118.5 | <0.001 |
| Vitamin B1 (mg) | 0.9±0.3 | 0.9±0.3 | 1.4±0.7 | <0.001 |
| Vitamin B2 (mg) | 0.6±0.2 | 0.6±0.2 | 1.1±0.7 | <0.001 |
| Vitamin B3 (mg) | 11.0±3.3 | 11.2±3.4 | 16.1±7.6 | <0.001 |
| Vitamin B5 (mg) | 2.0±0.5 | 2.2±0.6 | 3.2±1.7 | <0.001 |
| Vitamin B6 (mg) | 0.9±0.3 | 1.0±0.6 | 1.3±0.7 | <0.001 |
| Biotin (mcg) | 7.5±3.5 | 10.2±4.4 | 13.4±7.0 | <0.001 |
| Folate (mcg) | 253.2±95.4 | 287.2±81.9 | 290.8±100.0 | 0.007 |
| Vitamin B12 (mcg) | 1.6±0.9 | 1.7±1.0 | 1.9±1.4 | 0.151 |
| Vitamin C (mg) | 48.6±33.2 | 77.0±49.1 | 104.3±79.2 | <0.001 |
| Calcium (mg) | 342.6±175.8 | 389.0±182.0 | 566.9±280.0 | <0.001 |
| Phosphorus (mg) | 447.2±106.2 | 491.5±107.8 | 664.6±289.6 | <0.001 |
| Magnesium (mg) | 125.5±38.0 | 144.7±40.6 | 214.8±109.4 | <0.001 |
| Iron (mg) | 13.2±7.7 | 12.6±7.3 | 11.7±6.2 | 0.308 |
| Zinc (mg) | 5.3±2.4 | 5.5±2.5 | 5.9±2.7 | 0.230 |
| Copper (mg) | 0.7±0.2 | 0.7±0.2 | 1.1±0.6 | <0.001 |
| Selenium (mcg) | 44.1±10.9 | 51.4±26.1 | 55.5±28.1 | 0.002 |
| Manganese (mg) | 2.4±1.3 | 2.6±1.3 | 4.0±2.4 | <0.001 |
| Potassium (g) | 1.4±0.5 | 1.7±0.8 | 2.4±1.4 | <0.001 |
| Sodium (g) | 2.4±0.6 | 2.2±0.5 | 1.6±0.6 | <0.001 |

DASH, the dietary approaches to stop hypertension dietary pattern. a Data are presented as mean ± standard deviation, unless stated otherwise. b The one-way analysis of variance was used for comparison of nutrient intakes among tertiles of DASH score. c T1, T2, and T3 represent low, medium, and high adherence to the DASH dietary pattern, respectively.